

You will need:

2 x stock pots...one for savoury soup one for sweet drink These must always be kept warm. Anyone fasting must drink warm fluids only, except when taking a sauna.

Measurements for each person is 2-3 litres a day

Savoury Nourishment

Fill up stock pot with water and put the following vegetables on to simmer:

(Simmer only -Do not boil)

Always use only Organic ingredients for a Fast

One carrot for each person

One small whole peeled onion for each person

One small kumara for each person

One stick of celery for each person

One large leaf and stem of silverbeet

Add watercress if seasonally available. Nasturtiums would be great too!

Add Himalayan rock salt or Celtic salt to taste

This should be consumed each day and a fresh pot prepared each morning

In New Zealand we can make Kawakawa tea.....make this separately in a flask or simply add 3-4 leaves to the broth! Great for reducing fatigue and keeping energy levels balanced.

Sweet Nourishment

Place the same amount of water in the second stockpot.

Always use only Organic ingredients for a Fast

1 x Apple per person quartered it is not necessary to remove skin and pips.

1 x pear per person

½ cup of blueberries or blackberries or blackcurrants

Add cinnamon stick or powder to taste.

Cinnamon is used because of its ability to balance blood sugar levels.

Other drinks helpful during a Fast are dandelion root or other herbal teas, although not grain based beverages as grains are not helpful for clearing toxins during a Fast. Mint tea can be very refreshing if you're experiencing sluggish physical symptoms.

Day 1 Introduction to Fasting procedure Gentle walk, Sauna, Massage. Consume light meals today

Day 2 Stretching, Yoga, Sauna

Day 3 - Activity is now dependent on how you are feeling, your body type and your detox status. Interestingly, on this day, the mind can become quite receptive to new ways of doing things!

Day 4 - Sauna - Reflexology. Last tea of the Fast should be Ginger tea.

Day 5 - After the Fast - Only soft/easy to digest foods should be consumed on this day.

Soup etc Ginger and Lemon tea and any meals should be small in quantity for the next few days.